

DIET INTAKE AND NUTRITION INFORMATION FOR CHILDREN 1-6 YEARS OF AGE

CHILD'S NAME			AGE		HEALTH PROFESSIONAL'S NAME				DATE				
PARENT/GUARDIAN NAME			DATE		<input type="checkbox"/> CPA <input type="checkbox"/> RD <input type="checkbox"/> Nutritionist <input type="checkbox"/> WIC Certifier								
Record all foods eaten and beverages consumed in a typical 24-hour day. Remember to record amounts eaten. This is important. If you are uncertain about the quantity, please estimate. Describe the form of each food; raw or cooked; and how prepared: fresh, canned or frozen; fried, baked, boiled or steamed.					FOOD GROUP SUMMARY								
					MEAT & MEAT ALTERNATES	MILK & MILK PRODUCTS	BREAD & CEREAL	FRUITS & VEGETABLES			FATS & OILS	OTHER FOODS	
VIT. C FOODS	DARK GREEN & OTHER VIT. A FOODS	OTHER FRUITS & VEGETABLES											
TO BE COMPLETED BY PARENT, GUARDIAN, OR HEALTH PROFESSIONAL													
TIME	FOOD EATEN		AMOUNT EATEN										
VITAMINS TYPE <input type="checkbox"/> YES <input type="checkbox"/> NO					SUMMARY SERVINGS EATEN								
IRON SUPPLEMENT TYPE <input type="checkbox"/> YES <input type="checkbox"/> NO													
6 SERVINGS FOR 4-6 YEAR OLD					SERVINGS NEEDED		2	5-6	6	1	1	3	USE IN MODERATION

DAILY FOOD GUIDE

NUTRIENTS PROVIDED	DAILY FOOD NEEDS IN 1-SERVING PORTIONS	NUTRIENTS PROVIDED	DAILY FOOD NEEDS IN 1-SERVING PORTIONS	
Protein, iron, riboflavin, niacin, vitamins B ₆ and B ₁₂ phosphorus and zinc.	MEATS AND MEAT ALTERNATES - 2 servings/day	Vitamin C Fresh, frozen or canned forms may be used, although the vitamin C content of the canned product is lower. Some foods normally considered to be an excellent source may not be listed due to the large serving size required.	VITAMIN C FOODS - 1 serving/day	
	Meat, game meat, fish or poultry - 1 oz. Canned tuna or salmon - 1/4 cup Eggs - 1 Hot dog - 1 Luncheon meats - 1 oz. Peanut butter - 2 Tbsp. Nuts - 1/4 cup Dried beans, peas or lentils (cooked) 1/2 cup		Juices: orange and grapefruit - 1/3-1/2 cup Other vegetable & fruit juices (fortified with vitamin C) - 1/3-1/2 cup Fruits: cantaloupe - 1/3-1/2 c. cubed grapefruit - 1/2 strawberries - 1/3-1/2 cup orange - 1/2-1 small tangerine - 1/2 - 1 small Vegetables: broccoli - 1/3-1/2 c. (raw or cooked) peppers - (green or red) - 1/4-1/2 med tomato - 1/2-1 small cauliflower - 1/3-1/2 cup (raw or cooked) Brussels sprouts - 1/3-1/2 cup (cooked)	
Protein, iron, thiamin, folate, zinc, phosphorus, magnesium, vitamins B ₆ and E.	MILK AND MILK PRODUCTS - 5-6* servings/day		The larger serving sizes are recommended for the 4-6 year-old child.	
Calcium, vitamin D, riboflavin, protein, vitamins A, E, B ₆ , B ₁₂ and magnesium.	Whole, 2% or skim milk - 1/2 cup or 4 oz. Reconstituted nonfat dry or evaporated milk - 1/2 cup Buttermilk - 1/2 cup Cheese - 3/4 oz. or 1 slice Cheese spread or cheese food - 1 oz. Cottage cheese - 1 cup Cream soup made with milk - 3/4 cup Frozen yogurt, Ice cream - 3/4 cup Puddings and custards made with milk - 1/2 cup Yogurt - 1/2 cup		Excellent sources of folate or vitamin A. Also contains: vitamins E and B ₆ ; riboflavin, iron and magnesium.	DARK GREEN & OTHER VITAMIN A FOODS- 1 serving/day 1/3-1/2 cup (raw or cooked) brussels sprouts, greens, such as: spinach, beet, mustard, and turnip; asparagus, carrots, pumpkin, sweet potatoes, and winter squash.
For some people, milk and milk products serve as primary sources of protein in the diet.		The larger serving sizes are recommended for the 4-6 year-old child.		
Thiamin, niacin, riboflavin, iron and phosphorus.	BREADS AND CEREALS - 6 servings/day	Vitamin A, E and B vitamins, magnesium and phosphorus.	OTHER FRUITS AND VEGETABLES - 3 servings/day 1/3-1/2 cup (raw or cooked) Includes all other fruits & vegetables.	
	Whole wheat and enriched breads - 1/2-1 slice Hot cereals - 1/3-1/2 cup Ready-to-eat cereals - 1/2-3/4 cup Macaroni, noodles, spaghetti or rice (cooked) - 1/3-1/2 cup Cornbread - 1 piece (1" x 2"square) Roll, muffin, biscuit - 1/2-1 Saltine, round crackers - 2-4 Graham crackers - 1-2 (2x2" square) Tortillas - 1 Hamburger or hot dog bun - 1/2		The larger serving sizes are recommended for the 4-6 year-old child.	
Choose whole grain items such as whole wheat bread, oatmeal, shredded wheat, bran and granola. These products provide more magnesium, zinc, fiber, folate and vitamins B ₆ and E, whenever possible.		Calories, essential fatty acids and vitamin E. Choose products made with corn, cottonseed, safflower, soy, sunflower oil, or canola oil, whenever possible.	FATS AND OILS - In moderation Margarine, butter, oil, mayonnaise - 1 tsp. Salad dressings, cream - 1 Tbsp. Cream cheese, sour cream - 1 Tbsp. Bacon - 1 slice Gravy - 1 Tbsp.	
The larger serving sizes are recommended for the 4-6 year-old child.		High calorie, low nutrient containing foods. Do not recommend servings from this group.	OTHER FOODS Sugars: cookies, cakes, pastries, jelly, honey, candy and soft drinks. Salty: potato chips, pretzels, salt pork, and etc.	

To meet increased calorie and nutrient needs due to rapid growth, chronic or acute illness, or strenuous physical activity, additional servings of foods are needed beyond those stated above. Extra servings from the bread and cereal and fruit and vegetable groups are recommended.

Comments: